The public depends on officers.
Officers depend on each other.

Suicide is preventable.

Ask for help.

Watch for the signs: Withdrawal, dramatic mood changes, increased consumption of alcohol or drugs, and hopelessness.

Safe Call Now
206-459-3020
www.safecallnow.org

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicideperventionlifeline.org